



Public Health
Prevent. Promote. Protect.

January, 2026
Volume 3, Issue 1

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

Understanding WINTER WEATHER TERMS

Winter weather alerts and conditions can be confusing. Knowing what these terms mean can help you stay safe and prepared during cold-weather events.

Winter Weather Advisory: Issued for conditions that may cause inconvenience and require caution.

Safety Tip: Use caution when traveling and allow extra time.

Winter Storm Watch: Winter storm conditions are possible within the next 24–48 hours.

Safety Tip: Prepare now. Check supplies, plan travel, and monitor forecasts.

Winter Storm Warning: Severe winter weather is expected or occurring, take action.

Safety Tip: Avoid unnecessary travel and stay indoors if possible.





RADON



What You Need to Know:

What is Radon?

Radon is a colorless, odorless gas that forms naturally from uranium in soil and rock. It can enter homes through cracks and openings in the foundation.

Though invisible, radon is the second leading cause of lung cancer in the U.S.

Radon levels spike in the winter months when windows are kept closed preventing heat (and radon) from escaping.

Radon naturally rises from the ground.



Tip

Increase air flow in your house by opening windows and using fans and vents to circulate air and prevent radon!





January is:

Glaucoma

AWARENESS MONTH

What is Glaucoma?



Glaucoma is a group of eye diseases that damage the optic nerve, often due to increased pressure in the eye, and can cause gradual, irreversible vision loss if not detected early.



What are the symptoms?



- Often no early symptoms
- Gradual loss of peripheral (side) vision
- Blurred vision
- Eye pain or pressure
- Headaches
- Tunnel vision in later stages

DID YOU KNOW?



Over 3 million Americans have glaucoma, and many don't know it.



Anyone can develop glaucoma, but risk increases with age, family history, diabetes, and high blood pressure.



Glaucoma is a leading cause of irreversible blindness, but early detection can help prevent vision loss.



People over age 60 and those with a family history should have regular eye exams.





January is:

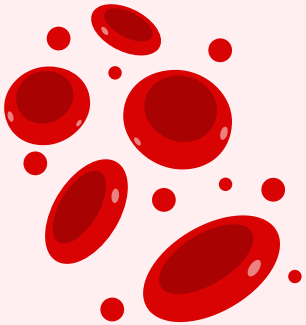
National BLOOD DONOR Month

The Need For Blood

- Blood donation saves lives. One donation can help up to three people.
- Every two seconds, someone in the U.S. needs blood.
- Blood cannot be manufactured; it can only come from volunteer donors.



How Blood is Used



1. **At the Donation Center:** Blood is donated.
2. **At the Laboratory:** Blood is separated into 3 components: Red cells, Platelets, and Plasma. Samples are sent for testing.
3. **At the Donation Center:** Components are sent to hospitals.
4. **At the Hospital:** Blood components are transfused to a patient in need.

Know the Facts

- Winter months often see blood shortages due to illness and weather-related cancellations for donation.
- Most healthy adults can donate blood, and the process typically takes about an hour.
- All blood types are needed, but O-negative is especially critical in emergencies.





Cervical Cancer Awareness Month

Cervical cancer is a type of cancer that develops in the cervix, usually caused by persistent infection with certain types of human papillomavirus (HPV).

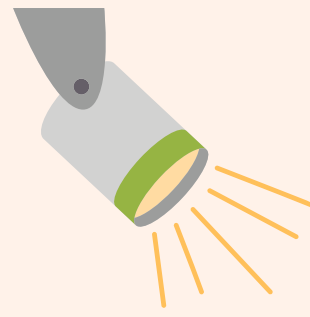
- Cervical cancer is highly preventable with regular screening and vaccination.
- Most cervical cancers are caused by HPV (Human Papillomavirus).



- Routine Pap tests and HPV tests can detect precancerous changes early.
- When found early, cervical cancer is highly treatable.
- The HPV vaccine protects against the types of HPV most likely to cause cervical cancer.
- The HPV vaccine is recommended for children ages 11–12 (and can be started as early as age 9).

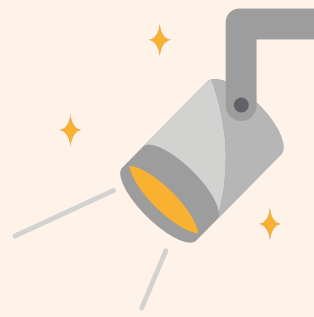
- Screening is recommended starting at age 21, or earlier if advised by a healthcare provider.
- Many people with early cervical cancer have no symptoms, making screening especially important.





SPOTLIGHT

OF THE MONTH



SUSSEX COUNTY SKYLANDS RIDE

Sussex County Skylands Ride (SCSR) was established to offer rural public transportation to the residents of the County.

Over the years the SCSR has evolved into a multi-faceted operation serving a number of programs and public sectors.

The service began with two buses and four staff members and has grown to operate 25 fleet vehicles and employ 30 staff.

SCSR service is divided into two major categories: public deviated fixed route transit (Public Connect) and paratransit or demand response transit.

////////////////////////////////////

These services are operated over the course of a 14 hour day from 5:00 a.m. to 7:00 p.m., Monday through Friday, with the exception of the County Holidays. Public Connect Service is provided 8:00 a.m. to 3:45 p.m. on Saturdays and Sundays.



Scan the QR code to find
more information!

